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WHAT IS CLAIMED IS:

1. A method of treating or preventing mastalgia in a subject having mastalgia or in danger of developing mastalgia comprising administering to the subject an amount
5 of a dietary indole effective to reduce or prevent pain associated with mastalgia.

2. The method according to claim 1 wherein the dietary indole is selected from the group consisting of I3C,
10 DIM and LTR-1.

3. The method of claim 2 wherein the dietary indole is DIM.

4. The method of claim 3, wherein the DIM is
15 suspended as microparticles in a starch carrier matrix.

5. The method of claim 2 wherein the dietary indole is LTR-1.

20 6. The method of claim 5, wherein the LTR-1 is suspended as microparticles in a starch carrier matrix.

7. A pharmaceutical composition comprising an amount of a dietary indole effective to treat or prevent pain,
25 associated with mastalgia.

8. The composition of claim 7 wherein the dietary indole is selected from the group consisting of I3C, DIM and LTR-1.

30 9. The composition of claim 8 wherein the dietary indole is DIM.

10. The composition of claim 9, wherein the DIM is suspended as microparticles in a starch carrier matrix.

11. The dietary supplement composition of claim 9,
5 wherein the composition is formulated for oral administration.

12. The dietary supplement composition of claim 9,
wherein the dietary supplement composition is formulated as a
pill.
10

13. The dietary supplement composition of claim 9,
wherein the dietary supplement composition is formulated as a
tablet.

14. The dietary supplement composition of claim 9,
wherein the dietary supplement composition is formulated as a
capsule.
15

15. The dietary supplement composition of claim 9,
20 wherein the dietary supplement composition is formulated as a
cream.

16. The dietary supplement composition of claim 9,
wherein the dietary supplement composition is formulated as a
liposomal spray.
25

17. A method of treating or preventing
endometriosis in a subject having endometriosis or in danger
of developing endometriosis comprising administering to the
subject an amount of a dietary indole effective to reduce or
30 prevent one or more symptoms associated with endometriosis.

18. The method according to claim 17 wherein the symptom is selected from the group consisting of pain, dysplasia, and the level Ca-125 antigen detectable in serum.

5 19. The method according to claim 17 wherein the dietary indole is selected from the group consisting of I3C, DIM and LTR-1.

10 20. The method of claim 19 wherein the dietary indole is DIM.

21. The method of claim 20, wherein the DIM is suspended as microparticles in a starch carrier matrix.

15 22. The method of claim 19 wherein the dietary indole is LTR-1.

23. The method of claim 22, wherein the LTR-1 is suspended as microparticles in a starch carrier matrix.

20 24. A pharmaceutical composition comprising an amount of a dietary indole effective to treat or prevent to one or more symptoms associated with endometriosis.

25 25. The composition of claim 24 wherein the dietary indole is selected from the group consisting of I3C, DIM and LTR-1.

26. The composition of claim 25 wherein the dietary indole is DIM.

30 27. The composition of claim 26, wherein the DIM is suspended as microparticles in a starch carrier matrix.

28. The dietary supplement composition of claim 24, wherein the composition is formulated for oral administration.

5 29. The dietary supplement composition of claim 24, wherein the dietary supplement composition is formulated as a pill.

10 30. The dietary supplement composition of claim 24, wherein the dietary supplement composition is formulated as a tablet.

15 31. The dietary supplement composition of claim 24, wherein the dietary supplement composition is formulated as a capsule.

 32. The dietary supplement composition of claim 24, wherein the dietary supplement composition is formulated as a cream.

20 33. The dietary supplement composition of claim 24, wherein the dietary supplement composition is formulated as a liposomal spray.

25 34. The method of claims 1 or 17, further comprising administering grapefruit, grapefruit concentrate, grapefruit juice, or grapefruit juice concentrate.

30 35. The composition of claims 7 or 24, further comprising grapefruit, grapefruit concentrate, grapefruit juice, or grapefruit juice concentrate.